

Words of Support



“Judaism, throughout its history, has emphasized the importance of human health. Judaism teaches the responsibility of people to do all they can to take care of themselves and prevent illness before it strikes. One need only look at these words from the Hebrew Bible, ‘take heed to thyself and take care of your lives’ (Deuteronomy 4:9) and ‘be extremely protective of your lives’ (Deuteronomy 4:15) to clearly see this message. Whatever steps we can take to prevent influenza within our homes and our communities will constitute a fulfillment of a vitally important commandment: ‘Therefore, choose life.’ (Deuteronomy 30:19)”

—*Rabbi Scott Sperling*
Director

Union for Reform Judaism – Mid-Atlantic Region

“The Quran has always encouraged us of the Muslim faith to practice habits that preserve our health. Let us remember the words of the Quran 5:6, which states ‘O you who have attained to faith, wash your face, and your hands and arms up to the elbows, and pass your [wet] hands lightly over your head. Purify yourselves.’ In this flu season, let us take these words to heart and strive to protect the health of our families and our community.”

—*Kalid Iqbal*
Executive Director

Council on American-Islamic Relations, Maryland and Virginia Chapter

“God calls us to work towards human wholeness, both individually and collectively as a community. This faithful understanding of wholeness includes a concern for promoting individual and community health, and ensuring care. This flu season please take part in the collective action to prevent influenza by following the simple steps recommended by health professionals.”

—*Ann Rasmussen*
Policy Director for the Virginia Interfaith Center for Public Policy